Table 2

Evidence for low-intensity psychosocial interventions in patients with a chronic condition[1]

Intervention	Number of participants (studies)	Quality of evidence	SMD (effect estimate)*	Statistical significance
Exercise	361 (3)	Low	-0.58 (moderate)	× (marginal)
Peer support	191 (3)	Moderate	-0.32 (small)	✓
Guided self-help	103 (3)	Moderate	-0.40 (moderate)	× (marginal)
CCBT	-	-		-